



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 03289, Babyfood, apples with ham, strained

Report Date: June 24, 2017 21:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	85.30	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	06/1996
Energy	kJ	259	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2005
Protein	g	2.60	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Total lipid (fat)	g	0.90	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Ash	g	0.30	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Carbohydrate, by difference	g	10.90	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	06/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	1.8	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Sugars, total	g	7.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
<b>Minerals</b>													
Calcium, Ca	mg	4	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Iron, Fe	mg	0.30	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Magnesium, Mg	mg	7	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Phosphorus, P	mg	34	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Potassium, K	mg	120	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Sodium, Na	mg	9	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Zinc, Zn	mg	0.40	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Copper, Cu	mg	0.040	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Selenium, Se	µg	4.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.1	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Thiamin	mg	0.060	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Riboflavin	mg	0.060	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
Niacin	mg	0.730	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Pantothenic acid	mg	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/1996
Vitamin B-6	mg	0.070	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Folate, total	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1994
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	11.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	6	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.250	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.012	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
16:0	g	0.162	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.079	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
18:1 undifferentiated	g	0.346	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
20:1	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/1996
18:2 undifferentiated	g	0.100	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
18:3 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	8	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	04/1994
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1994
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003